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FILMMAKER DANNY BOYLE HOPES TO REUNITE THE CAST OF TRAINSPOTTING FOR A LOOK AT THE CHARACTERS 20 YEARS LATER PAGE 9

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Heartbreak for the home team

Women's hoops. Lancers end Cougars' dream of a national title in CIS final

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Their raucous crowd did all it could to help them, but the loud enthusiasm wasn't enough to push the University of Regina Cougars women's basketball team to the championship.

After taking an early lead against the University of Windsor Lancers on Sunday at the University of Regina's Centre for Kinesiology, Health and Sport, their heartbreak and tears remained on the court following a 66-57 loss in the Canadian Interuniversity Sport national title game.

"I'm heartbroken. We prepared all year to play this game, and this is not the result we wanted," Brittany Read, who finished with seven points and 10 rebounds, said while the Lancers celebrated their third consecutive CIS championship.

"It's hard to see another team celebrating on your home court."

Once the Lancers pulled their game together, the host squad found itself playing catch-up. At times trailing by 12 points or more, a solid effort by Regina guard Michelle Clark and forward Lindsay Ledingham — both scoring 16 points — helped bring the Cougars to within four points within the final few minutes as the 2,716-strong faithful at the packed fieldhouse roared with delight.

But Windsor guards Korissa Williams and Miah-Marie Langlois, with 13 and 18 points respectively, helped the Lancers keep the game out of Regina's reach.

"We've really got to focus on ourselves, and not on the crowd," said Windsor coach Chantal Vallee. "In the end when … we heard thunder and lightning in this building, we had to really stay poised," she added. "We were expecting that. That was the key."

University of Regina Cougars guard Michelle Clark drives for the basket around University of Windsor Lancers guard Korissa Williams at the U of R's Centre for Kinesiology, Health and Sport on Sunday night. The Cougars lost the CIS basketball final 66-57. ROSS ROMANIUK/METRO

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NEWS 1

Pouring pints for points

Round 2. Regina bar aims to sell the most pints of Guinness on St. Patrick's Day in Canada for second year in a row

JEFF MACKEY
jeff.mackey@metronews.ca

This St. Paddy's Day, an Irish pub in Regina was serving its pints of Guinness with a specific goal in mind: to pour more pints of Guinness than any other pub in Canada, a title it won last year.

"We sold 55 kegs of Guinness last year (on St. Patrick's Day), and that was a Saturday. This year it is on a Sunday, and we are trying to sell 65," said Niall O'Hanlon, owner of O'Hanlon's Pub. "Maybe it is unrealistic, we don't know — I guess we'll all find out tomorrow."

When you consider about 88 pints of Guinness are in each keg, this target is no small undertaking.

The competition is simple. Guinness representatives are able to keep track of who went through the most beer across the country.

"He was already in today to count the full ones (kegs), and tomorrow he will count the empty ones," said O'Hanlon. "So unless a pub is willing to pour them down the drain it is a fairly honest competition, and no Irish guy will be pouring Guinness down the drain."

O'Hanlon moved to Canada from Ireland 12 years ago. He said his first sight of the way barmen poured their pints of Guinness in Canada was a bit jarring.

"You get used to it after a while living in North America, but the first few years were a bit rough. That is why we opened a pub," said O'Hanlon.

"And everyone here knows how to pour a perfect pint," he promised.

Goal

65

Niall O'Hanlon, owner of O'Hanlon's Pub, said he was aiming to sell 65 kegs of Guinness on St. Patrick's Day this year.

Niall O'Hanlon, owner of O'Hanlon's Pub in Regina, poses with his stockpile of Guinness kegs. JEFF MACKEY/METRO

Small park, big acts set for folk festival

Sandra Butel, artistic director of the Regina Folk Festival. METRO

Big names, small venue.

The growth and increasing popularity of the Regina Folk Festival isn't forcing organizers — so far — to seek a more spacious outdoor location.

"For now," says RFF artistic director Sandra Butel, the three-day summer showcase of Canadian, international and local talent is finding tiny Victoria Park a still-suitable place to bring great music to downtown's masses.

"For now, it's been a really important part of our festival to be able to offer the free daytime stuff, and to keep the main stage relatively small. So far, we're dedicated to doing that," Butel said, noting last year's nightly mainstage crowds of about 5,000 and "about 10,000 a day to all the free stuff" on other stages and throughout the green space.

"The daytime numbers were really high, and we have to do a little work to make sure everybody is comfortable and that there are ways of getting around the park and stuff. We're still OK in that park for now, but who knows what's going to happen in the future?"

If Butel and other organizers have different locations in mind to accommodate growth of the 44-year-old festival, they aren't saying.

"It would only be in extenuating circumstances, and those haven't happened yet," she said after the event's lineup — including Feist and Neko Case — was announced on Thursday for this coming August.

"We're pretty happy being downtown, and happy being a draw downtown and bringing people into the downtown of Regina. Because that's something that everybody wants to see." ROSS ROMANIUK/METRO

Fight off the winter blues

It's been a cold, snowy winter that seems never to go away. So how can you stave off the winter blahs and keep your sanity intact? Here are a few suggestions:

JANE CAULFIELD/METRO IN SASKATOON
jane.caulfield@metronews.ca

FLICKR

Take up a hobby

The old saying "idle hands do the Devil's work" must have originated with someone suffering through a Saskatchewan winter. So put your hands to good use by taking up a hobby such as knitting or woodworking — anything that will keep your digits — and your mind — busy.

ALYSSA MCDONALD/METRO

Escape to far-away lands

Sandy beaches, warm sunshine and an oceanside bar are a great way to banish the winter blues. Getting your fill of summer weather will make waiting for spring at home much, much easier.

FLICKR

Catch some rays

Psychiatrists insist that "bright-light therapy" will help preserve the body's natural rhythms and stave off the midwinter doldrums. You can purchase a therapeutic tool known as a light box, or go outside for a walk in the Saskatchewan sunshine at lunchtime.

FLICKR

Take charge of winter

Snowshoeing seems to be all the rage these days and it's something you can do without leaving the city. You could try cross-country skiing, or maybe take your inner child out for an afternoon of tobogganing. Don't let a little snow or cold stop you from having fun outside.

FLICKR

Give yourself a summer goal

Start planning your summer vacation now, right down to the smallest details. Watch travel shows about where you are going or try to learn some of the local language and customs. Use this extra wintertime to help ensure your summer trips are memorable ones!

JORDON COOPER/FLICKR

Treat yourself

Can't afford a big trip? Need to save up your vacation days for summer? Then splurge on a weekend stay at a fancy hotel in town and pamper yourself. Many boutique hotels offer staycation packages that include fancy meals and lush perks.

Push for Keystone moves to New York Times advertisement

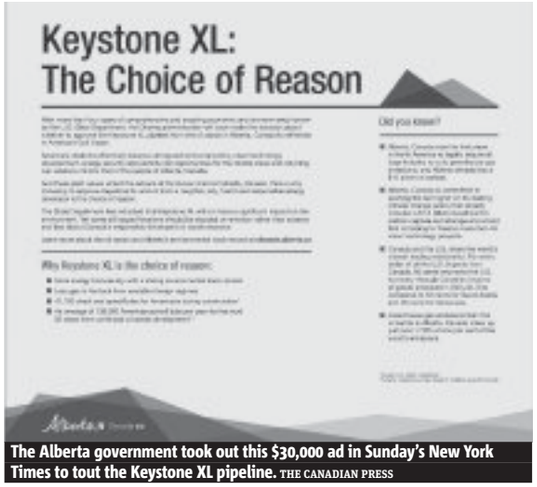
Pipeline promo.
Ad, meant to counter negative editorial, touts Alberta's clean-energy record

The Alberta government, continuing to press its case for the Keystone XL pipeline, took out an ad in Sunday's New York Times, tying the controversial project to core American values and to U.S. pride in its military.

The half-page ad is headlined Keystone XL: The Choice of Reason. It acknowledges the validity of environmental concerns, but stresses that the $7-billion pipeline is about much more than that.

"America's desire to effectively balance strong environmental policy, clean technology development, energy security and plentiful job opportunities for the middle class and returning war veterans mirrors that of the people of Alberta," reads the $30,000 ad.

"This is why choosing to approve Keystone XL and oil from a neighbour, ally, friend and responsible energy developer is the choice of reason."



The Alberta government took out this $30,000 ad in Sunday's New York Times to tout the Keystone XL pipeline. THE CANADIAN PRESS

Stefan Baranski, a spokesman for Premier Alison Redford, said the ad was taken out to counter a New York Times editorial that ran a week ago urging U.S. President Barack Obama to reject the 1,800-kilometre TransCanada line.

"It's important for Alberta to get the facts on the table as widely as possible," Baranski said.

"Certainly the Sunday Times is a critically important audience to speak to, and I think Alberta has a good track record, a very good story to tell, and it's important that we're out there telling that story at this very critical time."

Obama is expected to decide the fate of the pipeline in the next few months.

If approved, Keystone XL would take oil from Alberta's oilsands through the heart of the U.S. Midwest to refineries on the Gulf Coast in Texas for transshipment to consumers around the world.

Alberta and Ottawa are urging Obama to approve the deal to open up new markets for the oilsands.

A glut of oil due to new finds in North Dakota coupled with pipeline bottlenecks in Canada are squeezing the price of the oilsands product compared with the North American benchmark West Texas Intermediate. That price gap will cost Alberta an estimated $6 billion in lost revenue this year alone.

Keystone proponents, including labour groups and the petroleum industry, got a boost two weeks ago when the U.S. State Department, in a preliminary report, said rejecting Keystone XL would not reduce greenhouse-gas emissions or slow down development in the oilsands.

The Alberta-government ad takes pains to make the case for the province's environmental responsibility. It reiterates previous arguments that Alberta is financing more clean-energy projects and is the first North American jurisdiction to charge large emitters $15 a tonne on carbon.

The ad focuses on the economic benefits of Keystone, including 42,100 jobs during the construction phase. It also makes the case, suggested previously by Redford and others, that the oilsands have been scapegoated, despite much larger emitters burning coal on both sides of the border and around the world.

"Greenhouse-gas emissions from all the oilsands in Alberta, Canada, make up just over one-tenth of one per cent of the world's emissions," the ad says.

THE CANADIAN PRESS

Keystone campaign

Premier Wall part of pipeline ground offensive

The newspaper offensive is being matched by work on the ground. Alberta Premier Alison Redford, Saskatchewan Premier Brad Wall and federal politicians have been jetting down to Washington in recent weeks to make the case for Keystone.

Redford has been to the U.S. capital twice and is scheduled to return there on April 8 or 9 for three days of meetings with decision makers, Redford's spokesman, Stefan Baranski, said. A detailed itinerary has not been set, he said. THE CANADIAN PRESS

Two escaped convicts arrested

Quebec. Prisoners climbed into a helicopter to escape Sunday, were found hours later

A dramatic daylight jailbreak involving two Quebec inmates climbing a rope into a hovering helicopter swiftly escalated into a large police operation Sunday night in which both escapees were tracked down hours after they fled.

Police confirmed they had arrested Benjamin Hudon-Barbeau and two other suspects in Chertsey, Que. Danny Provencal was arrested about an hour later.

Chertsey is located about 50 kilometres north of the jail in Saint-Jerome from where the inmates made their escape.

"They are all being transported to the nearest police station to be questioned by the investigators," provincial police spokesman Sgt. Benoit Richard said of those in custody, before Provencal's arrest.

Richard wouldn't give any details about how the arrests were made or what those who had been arrested would be charged with.

Earlier on Sunday, authorities had said 36-year-old Hudon-Barbeau and 33-year-old Provencal had broken out of the jail by climbing a rope into a waiting helicopter.

Police had tracked down the helicopter about 85 kilometres away in Mont-Tremblant, but only the chopper's pilot was still at the scene.

The pilot was taken to an area hospital where investigators were expected to speak with him. Police said it was too early to know what role the pilot had played in the escape.

Hours after the jailbreak, a Montreal radio station, 98.5 FM, received a call from a man claiming to be Hudon-Barbeau, who said he was "ready to die" as he tried to evade police.

"The way they're treating me in there, it's unreal," the man told the radio station. "They won't let me be. They put me back in prison for nothing."

Authorities did not immediately speak to the claims made in the radio station interview.

Yves Galarneau, the correctional-services manager who oversees the jail, said he'd never seen anything like the dramatic escape in more than three decades on the job.

THE CANADIAN PRESS

Saint-Jerome

The jail experienced a mini-riot by about a dozen prisoners a little over a month ago.

- Police were asked to secure the outside of the prison, which holds about 480 inmates, and facility staff used pepper spray to disperse the mob.

Holy hello!

Pope Francis greets a priest at a gate of the Vatican on Sunday. Pope Francis began his first Sunday as pontiff by making an impromptu appearance from a side gate of the Vatican, startling passersby and prompting cheers, then kept up his simple, spontaneous style by delivering a brief, off-the-cuff homily at the Vatican's tiny parish church. Dressed only in a white cassock, Francis waved to the crowd in the street and shook the hands of the parishioners and kissed babies. L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

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Quebec. Philipe Couillard wins Liberal leadership

The new leader of the Quebec Liberals says he wants to make strengthening the province's place in Canada a top priority for the party.

Philippe Couillard, who was elected by party delegates Sunday at a convention in Montreal, said he wants to unite Quebecers under the Liberal banner, whether they choose federalism "out of passion, or out of reason."

"Today a race ends, but today a march begins," he told delegates. "We start the renewal of our party."

The former health minister replaces Jean Charest, who stepped down after the Liberals were defeated by the Parti Quebecois in last September's election.

Couillard served as health minister under Charest between 2003 and 2008 and was the presumed front-runner from the outset. He won on the first ballot in a landslide with 58.5 per cent of the vote.

The surprise second-place finisher, former cabinet minister Pierre Moreau, ended up better than expected and has become a more powerful figure in the party. THE CANADIAN PRESS

The new Quebec Liberal Party Leader Philippe Couillard, right, is congratulated by former Quebec premier Jean Charest Sunday at the leadership convention in Montreal. JACQUES BOISSINOT/THE CANADIAN PRESS

Leaked report

Wide defence cuts loom, changing of the guard saved

It seems the only soldiers who are safe from the coming budget axe are those that parade around Parliament Hill in the changing-of-the-guard ceremony for tourists in the summer, a leaked report suggests.

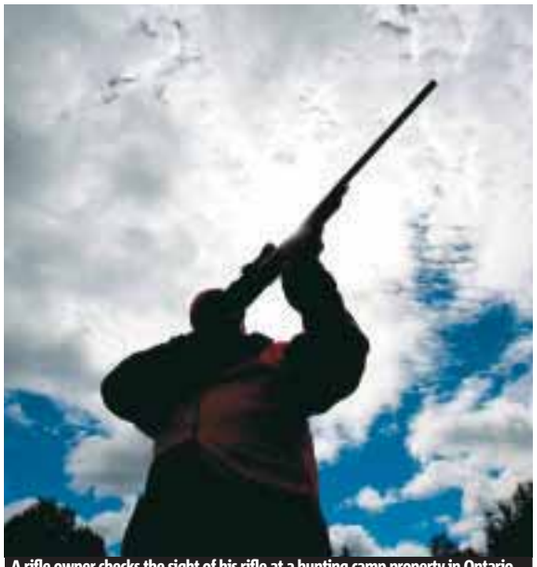
The army faces another barrage of major reductions over and above the Harper government's established deficit-fighting strategy and program review.

An army planning document shows that land forces are bracing for a further eight per cent hit on operating and maintenance in the coming fiscal plan, in addition to an existing 22 per cent budget reduction.

The latest cuts, estimated in the range of $32 million, will slice into the army's ability to train for operations in the jungle, desert and mountains, and come on top of $226 million in cuts ordered in the government's strategic review and Deficit Reduction Action Plan, says a Jan. 31, 2013, document, written by Lt.-Gen. Peter Devlin.

THE CANADIAN PRESS

Gun lobby wants feds to kill chief firearms offices



A rifle owner checks the sight of his rifle at a hunting camp property in Ontario, Sept. 15, 2010. The Canadian Sports Shooting Association has launched a national petition that asks Ottawa to establish a single "civilian agency" in place of provincial and territorial firearms officers. SEAN KILPATRICK/THE CANADIAN PRESS

Petition. Sport-shooting group claims new rules have 'nothing to do with public safety'

A pro-gun advocacy group that has two representatives on a federal firearms advisory panel wants the Conservative government to eliminate all provincial firearms offices, saying they have "poked the lion" once too often.

The Canadian Sports Shooting Association has launched a national petition that asks Ottawa to establish a single "civilian agency" in place of provincial and territorial firearms officers that oversee licensing and other gun regulations.

The group is upset over recent moves by Alberta's chief firearms office requiring that guns on display at the Calgary Gun Show be equipped with trigger locks.

The group's spokesman, Tony Bernardo, has also taken Ontario's chief firearms officer to court over tighter authorization rules for transporting weapons.

And last May, Public Safety Minister Vic Toews issued a letter to all provincial firearms officers ordering them not to collect point-of-sale information from gun sellers — calling it "unauthorized data collection."

"These games that CFOs are playing are nothing more than a temper tantrum in reply to scrapping the gun registry," Bernardo said in a news release this week. THE CANADIAN PRESS

Guns Act

Under the federal Firearms Act, provinces can appoint chief firearms officers and apply to Ottawa for reimbursement of the costs of administering the act. The arrangement helps take the burden off the RCMP.

Will and Kate salute St. Paddy

Prince William and Catherine, Duchess of Cambridge, attend a St. Patrick's Day parade by the 1st Battalion Irish Guards on Sunday in Aldershot, England. The Duchess of Cambridge said Sunday that she doesn't know the sex of her first child — but she hopes it's a boy. Her husband Prince William, however, would prefer a girl. PHOTO: GETTY IMAGES, TEXT: THE ASSOCIATED PRESS

PCO stole Parks Canada's spotlight: Documents

Internal documents show the prime minister's department micro-managed a media event staged by Parks Canada, trying to erase the venerable agency from a public announcement while promoting the Harper government.

The incident is a case study in communications control from the centre, a signal feature of the governing Conservatives since they first came to power in 2006.

The event was an Oct. 17, 2011 news conference in Halifax to announce an agreement to transform Sable Island, a fabled sand crescent 290 kilometres off Nova Scotia, into a national-park reserve.

The deal had been meticulously negotiated by Parks Canada with the Nova Scotia government over the course of a year, and proud officials wanted a splashy announcement as a way to celebrate Parks Canada's 100th birthday in 2011.

A media event was planned months in advance, with Environment Minister Peter Kent and Nova Scotia Premier Darrell Dexter joining Parks Canada officials for speeches and a signing ceremony.

Environment Minister Peter Kent
THE CANADIAN PRESS FILE

Alas for Parks Canada, the carefully wrought plan started to unravel days before the event when a vetting team at the Privy Council Office began to pick apart the agenda, the news release and two background documents, demanding changes. The office is the central organ of the federal government, under the control of Prime Minister Stephen Harper.

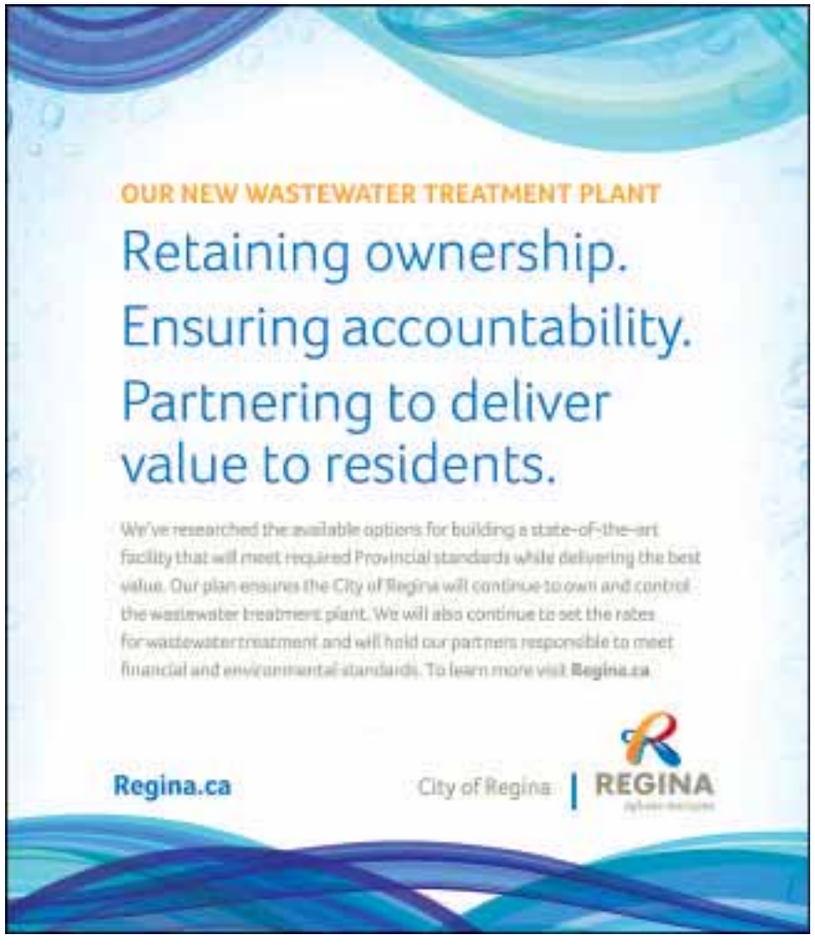
Documents released to The Canadian Press under the Access to Information Act show the close scrutiny by PCO caused headaches at Parks Canada, which was facing a Monday morning announcement with no green light from the centre as late as noon Sunday.

When the Privy Council Office finally responded, officials demanded a raft of changes, many of them designed to quash Parks Canada's identity at the event.

A PCO note said to purge all three Parks Canada officials from the dais, and to find a politician to be the MC.
THE CANADIAN PRESS

Upstaged

"I have never seen our name completely eliminated in this manner before."
An unidentified official with Parks Canada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Minors found guilty of rape

Steubenville, Ohio.
Pair sentenced to at least a year in juvenile jail in much-criticized case

Two members of a high school football team were found guilty Sunday of raping a drunken 16-year-old girl in a case that bitterly divided an Ohio city and led to accusations of a coverup to protect the athletes.

Steubenville High School students Trent Mays and Ma'Lik Richmond were sentenced to at least a year in juvenile jail, capping a case that came to light via a barrage of morning-after text messages, social media posts and online photos and video that drew global attention. Mays was sentenced to an additional year in jail on a charge of illegal use of a minor in nudity-oriented material.

The length of their sentence beyond the minimum will be decided by juvenile authorities.

Mays, 17, and Richmond, 16, were charged with digitally penetrating the girl, first in a car after a party on Aug. 11 and then in a house.

The teenage girl testified Saturday that she could not recall what happened but remembered waking up naked in a strange house after drinking. She said she discovered her phone, earrings, shoes and underwear were missing.

In questioning her account, defence attorneys went after her character and credibility. Two former friends of the girl testified that the accuser had a history of drinking heavily and was known to lie.

The accuser was photographed being carried by Mays and Richmond, an image that stirred up outrage as it spread online. Others have testified the photo was a joke and the girl was conscious.

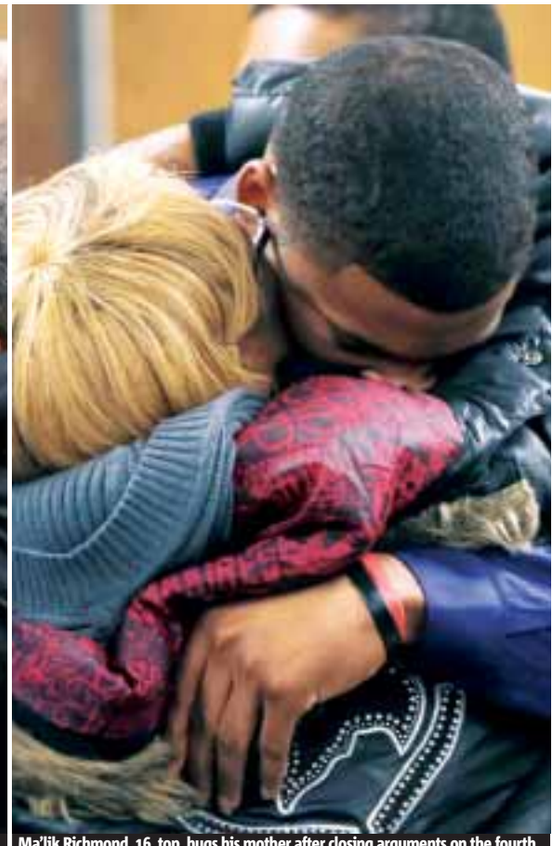
The photo led to allegations that three other boys saw something happening that night and didn't try to stop it but instead recorded it. None were charged, fuelling months of online accusations of a coverup to protect the football team.

The teens were granted immunity to testify and helped incriminate the defendants.

Prosecutor Marianne Hemmeter criticized efforts by the hacker collective Anonymous to publicize the case, saying the extra attention led to a chilling effect on those willing to testify. Protesters stood outside the courthouse Sunday morning, some wearing masks.

Ohio's attorney general said he planned to investigate whether anyone else should be charged. THE ASSOCIATED PRESS

Trent Mays, 17, left, gets a hug from his father after Mays and his co-defendant were found delinquent on rape and other charges.



Ma'lik Richmond, 16, top, hugs his mother after closing arguments on the fourth day of the juvenile trial. KEITH SRAKOCIC/POOL/THE ASSOCIATED PRESS

Five arrested in gang rape, beating of tourists in India

Children participate in a protest against child abuse and rising crimes against women in Bhubaneswar, India, on Saturday. BISWARANJAN ROUT/THE ASSOCIATED PRESS

Police said they arrested five men Sunday in connection with the gang rape of a Swiss woman who was attacked in India while on a cycling vacation with her husband.

All five men admitted to the attack, which occurred Friday night as the woman and her husband camped out in a forest in the Datia district of Madhya Pradesh state, said D. K. Arya, a senior officer.

Arya said the men, who are from nearby villages, were arrested in Datia. Police were searching for two other men believed to have been involved in the attack, he said.

The couple told police that the woman had been raped by seven or eight men but that it was dark and they could not be sure of the exact number, Arya said. They said the husband was also attacked.

The woman, 39, was treated Saturday at a hospital in the nearby city of Gwalior and was released that day, police said.

Prior to the attack, the couple had visited the temple town of Orchha and were planning to cycle to Agra to visit the Taj Mahal, nearly 210 kilometres away.

They set out Friday from Orchha and pitched their tent in a forest near Jatia village when they were attacked by men armed with sticks, police said.

The men beat up the husband, tied him to a tree and then raped the woman, police said. They also stole the couple's cellphone, laptop and 10,000 rupees ($189). Police said they recovered the laptop and phone from one of the men who was arrested. THE ASSOCIATED PRESS

Endemic problem

Figures from India's National Crime Records Bureau show that a woman is raped there every 20 minutes.

- Many incidents go unreported due to stigma attached to such crimes.
- India's conviction rate for rape and other crimes against women is among the lowest in the world.

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Canada to Colombia

Military exports draw controversy

The federal government's plan to sell military hardware to Colombia will help stabilize the country, says the Colombian ambassador. But a conflict-prevention expert based in the country says Canada should demand more human-rights monitoring.

A January notice said Foreign Affairs Minister John Baird advocated an amendment to let companies sell automatic weapons to Colombia. Baird's office has since said the change actually allowed the sale of armoured personnel carriers. THE CANADIAN PRESS

Egypt

Vigilantes kill two with police on strike

Egyptian vigilantes beat two men, accused of stealing a rickshaw and trying to kidnap a girl inside it, on Sunday and then hung them by their feet. Both men died, security officials said. Afterward, residents took their bodies and dumped them outside a police station, witnesses said.

The killings come a week after the attorney general's office encouraged civilians to arrest and turn in lawbreakers, a call prompted by a massive police strike and deteriorating security. THE ASSOCIATED PRESS

Holy meets high-tech at the Pontificium Consilium de Communicationibus Socialibus

Vatican City. Metro gets an exclusive look behind the scenes at the Pope's social media office

ELISABETH BRAW
Metro World News in Vatican City

As I walk into his office, Paul Tighe is on the phone with Apple regarding The Pope App. Yes, this is the Pope's social media office.

And Monsignor Tighe's operation would put any newspaper to shame. In the office next to his, a team tweets, adds content to the news portal news.va, uploads photos to Flickr, fine tunes The Pope App (for Android and Apple devices) and monitors livestream video.

"We have the Habemus Papam tweet ready to be sent out," Miguel Chavarra, a young Spaniard, tells me. Sure enough, the very same evening, as soon as a cardinal has announced the magic words that make Jorge Mario Bergoglio Pope Francis, the tweet goes out.

"Today's news model is short news and lots of images, and that's good for the church," explains Tighe, an Irish priest who's been in charge of the Pope's social media operations — formally known as Pontificium Consilium de Communicationibus Socialibus — for the past five years.

"The church has always been very visual, and communications is like theatre. Just think of all the people waiting to see the black and white smoke." Indeed, as soon as the white smoke emerged, millions of people had tweeted and retweeted the news.

Tighe's headquarters on Via della Conciliazione, in front of St. Peter's Square in Rome, illustrates the ironies of running the high-tech division of a millennia-old organization: it has a Latin name, but operates in Silicon Valley-speak.

The mostly young staff, including several interns, of about 30 work on state-of-the art computers in offices decorated with the ubiquitous pictures of the Virgin Mary.

In fact, the otherwise conservative Vatican embraced social media early on. "The people who listen to us can bring the information to a wider audience," says Tighe.

"We've made mistakes while adopting to social media. One of the biggest ones was to underestimate the dynamic and interactive nature of social media. One of our earlier forays was initially very successful but grew static because we didn't update enough. But we've learned. People often say, 'How can you talk the Gospel in 140 characters?' But so much of the Bible's teachings are in 140 characters. Think of things like 'Love your neighbour as yourself.'"

Adds Thaddeus Jones, the office's American-born coordinator: "And 140 characters can give you words of support and consolation."

One of the earliest adopters was Pope Benedict XVI himself. "He said that new media are a blessing," recalls Tighe. "He said, 'If Twitter is something that allows us to communicate the good news, especially to young people, then I'm very happy to do it.'"

Quoted

"Jesus went into the marketplace and preached the Gospel. Digital media is the new marketplace. We can't be afraid to go there."

Monsignor Paul Tighe, head of the Pope's social media operations

This screen grab shows the Vatican's English language Facebook page. FACEBOOK

Where to find the Pope

- **Web:** news.va
- **Twitter:** @Pontifex (Pope); @news_va_en (Vatican)
- **Facebook:** facebook.com/news.va, in different languages
- **iPhone, Android:** The Pope App (free)
- **Flickr:** flickr.com/photos/newsva

Tampa, Fla. Carnival Legend arrives in port after technical issues

A Carnival cruise ship that experienced technical issues with its propulsion system and cancelled one stop has arrived as scheduled in Tampa, Fla.

The Carnival Legend reduced its speed because of the problem and did not stop at the Grand Cayman Islands. Carnival spokesman Vance Gulliksen said Legend arrived about 7 a.m. Sunday in Tampa, and passengers were off the ship by the normal debarkation time of 10:30 a.m.

Carnival stresses in a statement that the Legend's safety systems, steering and services onboard are functioning normally. Gulliksen said Legend was expected to depart on time for its next trip, at a slightly reduced speed and with one itinerary change.

Last week, the Carnival Dream experienced problems with an on-board generator while docked in St. Maarten. Passengers were being flown home. A month ago, passengers on the Carnival Triumph spent five days in the Gulf of Mexico without power or working toilets. THE ASSOCIATED PRESS

The Carnival Legend, shown in this 2002 photo, has arrived in Tampa, Fla., after having problems with its propulsion system.
ANDY NEWMAN/CARNIVAL CRUISE LINES/THE ASSOCIATED PRESS FILE

Bailout deal

Cypriot politicians to vote Monday on bank-deposit levy

An official says Cyprus' parliament has postponed until Monday a vote on the controversial levy on all bank deposits that the country's creditors demanded in exchange for about $13.3 billion in rescue money. The proposed levy marks the first time the 17 eurozone countries and the IMF have dipped into people's savings to finance a bailout.
THE ASSOCIATED PRESS

Rail travel

Amtrak resumes service after freight train derails

Amtrak says it has resumed service between New York and Boston after rail lines were blocked by a derailed freight train. The freight train cars were empty when they derailed east of New Haven, Conn. on Sunday.
THE ASSOCIATED PRESS

Hacking victims feel 'hung out to dry,' Rowling says

Celebrities like J.K. Rowling and Hugh Grant accused the British government on Sunday of letting down the victims of media intrusion and urged tough new measures to rein in Britain's unruly press.

Lawmakers are to vote Monday on rival plans for tougher controls in the wake of the country's phone-hacking scandal.

The Conservative-led government says it will propose a new press watchdog with the power to levy fines of up to about $1.5 million. But hacking victims say the regulator must be backed by a new law to give it real teeth — something Prime Minister David Cameron opposes.

Harry Potter author Rowling, who testified previously to a media ethics inquiry about the impact of intrusive media upon her family, said she and other victims felt they "have been hung out to dry" by the government.

Grant, who won damages for phone hacking by Rupert Murdoch's now-defunct News of the World tabloid, said hacking victims supported a rival plan by the Liberal Democrats and the Labour party for stronger media measures. The actor said lawmakers "promised victims to do right by them, and they have that chance on Monday."

Debate about how to control the press has raged in Britain since revelations in 2011 that tabloid journalists had eavesdropped on voicemails, bribed officials for information and hacked into computers in a relentless quest for scoops.

The scandal has brought the demise of one newspaper — Murdoch's News of the World — along with dozens of arrests and resignations, scores of lawsuits against Murdoch's media empire and a public inquiry into media ethics.

That inquiry, led by Lord Justice Brian Leveson, last year recommended the creation of a strong press watchdog body dominated by non-journalists and backed by government regulation.

Rowling accused the prime minister of letting down hacking victims by ignoring Leveson's proposals. "I believed David Cameron when he said that he would implement Leveson's recommendations 'unless they were bonkers,'" she said. "I did not see how he could back away, with honour, from words so bold and unequivocal.

"Well, he has backed away, and I am one among many who feel they have been hung out to dry." THE ASSOCIATED PRESS

British author J.K. Rowling poses during the launch of her book The Casual Vacancy in September 2012. Rowling and other high-profile victims of the U.K. media scandal say Prime Minister David Cameron has let them down. THE ASSOCIATED PRESS FILE

A WINTER FOR THE SNOWBIRDS

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

David Chaykowski, a 59-year-old industrial mechanic from Big River, won the $30 million Lotto Max jackpot last week.

Standing with the big cheque and a big old grin on his face, he said his first order of business would be to phone the boss and quit.

The second thing he should do is get out of Dodge and go someplace warm.

At least, that's what I would do. As I write, it's -17 (again) and snowing (again), and the Never-ending Winter continues. If I won $30 million, I'd be poolside so fast I'd make the call to the boss from there.

Back here in Snowville, people are reduced to arguing if this is the worst winter on record. Who cares? It's the worst winter right now.

Last year at this time, people were in T-shirts and shorts. This year, anyone found outdoors in that kind of gear will be rescued, medicated and put under 24-hour surveillance.

You don't have to win the lottery to take the cure. In this age of (relatively) cheap air travel, southern California and Arizona are a couple of hours away. And while it's -17 here, Scottsdale and Palm Springs are 22 and 23 respectively.

In fact, you could argue that the Sun Belt states were colonized expressly to fit Canadian snowbird migratory patterns. In Florida alone, 82 per cent of the million snowbirds who flock to the Sunshine State each winter are Canadians.

Do the math: That's 820,000. The same study by the University of Florida shows that Canadians own $50 billion in Floridian real estate. Free gator with every pond.

Places like Palm Springs and Scottsdale are closer to Saskatchewan and that's important because unless you want to be a full-time American and pay full-time taxes to Uncle Sam, you have to get back across the border after 182 days. In most cases, that covers it, especially if you leave right after Thanksgiving and come back right after Easter.

This year, it's starting to look as if 365 days wouldn't be enough, but surely (please, please, please) this winter is a cruel exception to the rule.

I know. There are many hardy starlings and Saskasparrows reading this who see this whole snowbird thing as a failure of gumption, and if there's one thing other than snow we've got to spare, it's gumption.

But if you're David and Gloria Chaykowski and you're looking for something useful to do with all that money (apart from sending me some), a little poolside downtime, even if it's just enough to regain sensation in the extremities, can't hurt.

And if you start missing winter, the way things are going this year, it will still be here when you get back.

The pluck of the draw

As I write, it's -17 (again) and snowing (again), and the Never-ending Winter continues. If I won $30 million, I'd be poolside so fast I'd make the call to the boss from there.

ZOOM

A cool way to say goodbye to winter

DENIS TYRIN/THE ASSOCIATED PRESS

Ice castle gets demolished

People storm a snow castle during celebrations of Maslenitsa, or Shrovetide, outside Marfino village, some 52 kilometres north of Moscow on Sunday.

Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to pagan times. THE ASSOCIATED PRESS

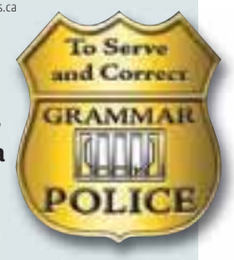
Pagan tradition is popular

Celebrations include pancakes (the pagan symbol of the sun), carnivals and the burning of scarecrows.

Despite the tradition's pagan roots, it has been integrated into the Orthodox calendar and survived the advent of Christianity and the Communist era that banned religions. THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca



Woe to those who send tweets with reckless disregard for grammar. Because out there lurks a vigilant army of Twitter bots, each devoted to catching a common error and quick to publicly shame with a retweeted rebuke. Here's a few:

Your in America Bot (@yourinamerica)

Fun fact about people who don't know the difference between your and you're, yet still consider it their place to scold others on how to speak, eat and behave when "your in America": They don't like being corrected either.

Stealth Mountain (@StealthMountain)

A personal favourite, Stealth Mountain's watchful eye has plenty of scorn for those who confuse sneak peek with "sneak peak."

CapsCop (@CapsCop)

"Looks like someone forgot the combination to their caps lock," and "On Twitter no one can hear you scream," are among the supply of chides CapsCop has for those who prefer to express their anger LIKE THIS.

Letters

RE: Horse as the Main Course, published March 4

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

This quote, attributed to Gandhi, illustrates the progress Canada could make if it took a more innovative and humane approach to the slaughter of meat animals by world standards.

We are known for peacekeeping, what about the end of life treatment of our meat horses? What about a more peaceful death? Horses require special end of life management, they are not cows but rather are a prey animal and as such have heightened awareness.

Canada needs slaughter plants that are set up specifically for horses – tough job. Horses smell fear, smell blood, hear alarm vocalization and will jerk and throw themselves around to escape danger. Slaughter houses are not quiet. Special floors cut down on hazards but slippery conditions cause horse falls and injuries. Slaughtering horses is dangerous for the human handlers. Horses will struggle and flip themselves to get away.

Canada can be the world leader in innovative horse slaughter practices and then in good conscience ship overseas.

Marielee Wolfe, Calgary, Alta.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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What has happened to Renton and crew in the last 20 years? HANDOUT

Trainspotting, all grown up

Sequel in the works. Director Danny Boyle confirms a draft of a script has already been completed, film hinges on original actors coming on board

NED EHRBAR
Metro World News in Hollywood

Those rumours about plans for a Trainspotting sequel are true, and there's already a draft of the script done, director Danny Boyle confirms. "These guys who in their early 20s as characters took enormous risks with their selves, with their bodies — what you can ingest, what you get away with at that age — what's it like when you hit your 40s, when you begin to creak and osteoarthritis begins to set in?" Boyle says. "I think it will be doubly reflective because the actors will have aged — you'll be looking at them 20 years older — the characters will be locked, presumably, inside their world still in Edinburgh in some way, and the audience of course will also be older. You'll go, 'Wow, what happen to that 20 years? Where did that go?'"

Novelist Irvine Welsh published a follow-up to the original novel in 2002 called Porno, though it's unclear if Boyle's film would have anything to do with that book. But original screenwriter and frequent Boyle collaborator John Hodge is already on board. "John will write it," Boyle says. "John's done an early draft. He's done a kind of exploratory draft on it, so we're starting to work on it."

But there is one major hurdle to the sequel going forward, as far as Boyle is concerned, and that's getting original stars Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle back together. "We haven't (secured anyone yet)," Boyle says. "I mean, we have to get the script right, because they will only do it if they think the script's good enough, I think. A few of them will obviously think, 'I shouldn't do that. If it's going to be disappointing, it would be really bad.' And they'll each make their own individual decisions. I think we won't do it unless we can get them all."

Director Danny Boyle says one major hurdle is getting the original actors on board. GETTY

Bates to get freaky for American Horror

Filming in The Big Easy. With the subtitle Coven, the next season of the haunting TV anthology will feature witches

The third season of American Horror Story will be subtitled Coven, and add actress Kathy Bates to the series' ensemble, according to the TV anthology's co-creator, Ryan Murphy.

"We're far enough along in the writing that I can tell you what it's about," Murphy announced to more than 1,000 of the show's fans who attended the PaleyFest panel on the series Friday night at the Saban Theatre in Los Angeles.

Murphy (Nip/Tuck, Glee, The New Normal) confirmed there would be witches in the new season, but failed to reveal any more plot specifics. "It's a really cool story that we've been talking about for a couple of years, actually, and this seemed the year to do it," he continued, dropping one more tidbit:

After filming the first two seasons on lots and soundstages, parts of series three will be shot in New Orleans. "The fun thing about doing the show is researching what are the really haunted places in America, because every year the institution is one of the lead characters," Murphy explained. "We have another couple doozy locales."

THE ASSOCIATED PRESS

Longtime friends Kathy Bates and Jessica Lange. GETTY IMAGES

Kate Middleton ALL PHOTOS GETTY IMAGES

Scrabble turning into a royal competition

Apparently all couples fight, including Prince William and Kate Middleton.

In the new documentary Our Queen, British Olympic boxer Anthony Ogogo reveals that Middleton confided to him that both she and her husband have a competitive streak that comes out particularly when they're playing Scrabble, according to the Daily Mail.

"She said when they play Scrabble they don't usually finish a game, because somebody got in a mood and slammed it shut," Ogogo says.

Danny DeVito and Rhea Perlman back together?

For once, some good news in the world of celebrity relationships: Danny DeVito and Rhea Perlman are reportedly back together after separating last fall, according to People magazine. "They love each other," a friend of the couple says. "Always have and always will." Their split stunned Hollywood, as the couple had been married for 30 years at the time of their split.

Danny DeVito and Rhea Perlman

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA
You could
WIN
a run of engagement pass for two to see
THE HOST
In Theatres March 29
One lucky winner will also take home a copy of THE HOST novel signed by Stephenie Meyer!
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CHOOSE TO BELIEVE. CHOOSE TO FIGHT. CHOOSE TO LOVE.
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WRITTEN FOR THE SCREEN AND DIRECTED BY ANDREW NICCOL
03.29.13
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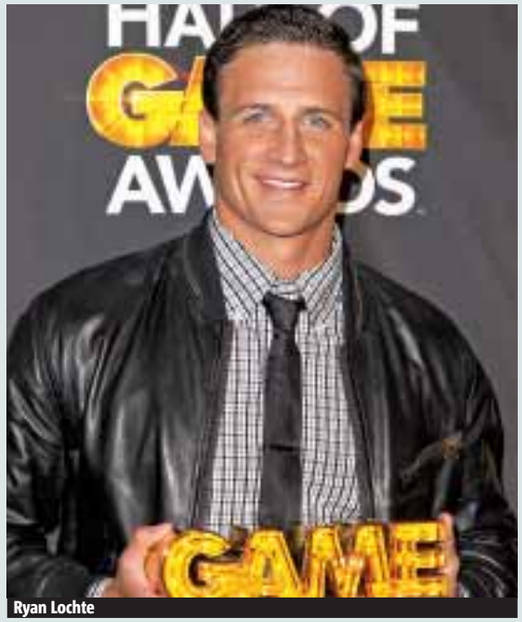
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Ryan Lochte

Swift didn't get her mail and everyone else just got hacked

STARGAZING
Malene Arpe
scene@metronews.ca

Matt Damon, John Goodman, George Clooney and Bill Murray go to dinner together. That explains the in-depth comments about independent movies as well as the wry witticisms.

Josh Brolin, Benicio del Toro, Bradley Cooper and Michael Fassbender go bar-hopping together. That explains the trail of broken hearts, haphazardly dropped frilly undergarments and grease repellent.

This week in cancelling and quitting. 1) Rihanna cancels a couple of concerts due to laryngitis. 2) Vince Neil drops out of a Motley Crue concert due to kidney stones. 3) Emma Watson quits the Cinderella movie. 4) Justin Bieber cancels one of two Portugal shows due to lacklustre ticket sales.

A number of celebrities, including Beyoncé, Britney Spears, Donald Trump, Ashton Kutcher, Mel Gibson and Paris Hilton, have had their personal financial information hacked and posted on the web. "OMG!" says Paris Hilton. "I knew it! I'm still a celebrity!"

Sean Lowe, who is fresh off the Bachelor, will be competing on the new season of Dancing With The Stars. It's good to know that he has his priorities in order and that they definitely don't include spending time with the woman he'll never marry.

Jennifer Aniston's rep denies a story that Jennifer and Justin will be married in Hawaii really soon. But did the rep deny the story that they'll be married by a warlock in the middle of a cheese pyramid? No, I think not.

Ryan Lochte and Carmen Electra are dating. They have a lot in common because he's a swimmer and she once wore a swim suit on Baywatch.

Corerekshon. When we reported that a pile of unopened Taylor Swift fan mail was found in a Nashville recycling bin we meant to add that Taylor Swift is never, ever getting back to you.

Miley Cyrus

Don't jump to conclusions: Miley's ring was simply getting repaired

Miley Cyrus has an explanation for why she was spotted without her engagement ring recently amid rumours of trouble between her and fiancé Liam Hemsworth. The ring was off getting repaired. Cyrus responded to a friend on Twitter recently who was complaining about having to get her own engagement ring repaired, adding, "That's the worst! I just had a similar situation except when it happens to me then everyone says my wedding is off."

Twitter

@EmWatson
Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life.

@jason_mrazc
Anybody got access to a kuala bear? Looking for a hug.

@Sethrogen
Call me crazy, but I prefer "Wrath of the Titans" over "Clash of the Titans."

@SarahKSilverman
I'm not going to let the fact that there's butter on my cell phone make me feel bad about myself & my choices

Travel tidbit

Get on the bus

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

When visiting a new city, one of the best ways to get to know it quickly is via one of the oldest travel institutions: the tour bus.

I've taken tour buses all over, including New York City, London (England) and most recently, Philadelphia. All of them operate on the same basic premise: to get you to as many local attractions as they can, while providing you with historical facts (and usually a few laughs) along the way with an experienced tour guide. In Philadelphia, for example, the Big Bus Tour was a double decker bus that travelled to the Liberty Bell, Benjamin Franklin's burial site, Independence Hall, even the Philadelphia Museum of Art for a run up the famous Rocky steps.

Most tour companies will offer a "hop on, hop off" option, allowing passengers to get off at prescribed stops near monuments, attractions, etc., spend as much time as they want and simply get on the next bus.

Many tour companies also have packages that include discounted tickets, and sometimes VIP lines for the attractions where they stop. For families travelling with little children and their equally little legs, this is an easy way to absorb a city. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Apparently getting a Soho House membership is child's play vs. snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Is your little one ready to graduate to a toddler bed?

Sleep routine. One sleep expert shares her advice for making the transition as painless as possible for you and your big boy or girl

NATALIE SHURE
Metro World News in New York

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare.

Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life.

If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.

One expert says age three is a great time to transition kids from cribs to beds. ISTOCK

Why is the transition from crib to bed so important?
We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those middle-of-the-night wake-ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

Your suggestion of letting a child pick out new sheets or a bed frame is an interesting idea. Do kids find this exciting?
Yes! Children are always a little nervous about the change. This makes them feel in control of the situation, which is so important for toddlers. They are so often grasping for control in their lives.

What sparked your interest in this topic? Did you have trouble transitioning your children?
I have a two-year-old and a two-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until three if you can.

Why is three the magic number?
At three, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib, where they can have the best sleep.

Get organized just in time for spring cleaning

Organize the messiest of rooms with hooks and bins. ISTOCK

With spring making its debut on Wednesday, it's time to get your kids' rooms in shape.

"It was nice to be organized 20 years ago," says organizing consultant Kathryn Bechen, author of Small Space Organizing: A Room-by-Room Guide to Maximizing Your Space (Revell, 2012). But given how busy we are today, she says, "it's become a necessity."

Here are some experts' tips on arranging your child's bedroom in ways that will simplify life.

Get them excited
No need for full-scale redecorating. An offer to rearrange items and perhaps add a few new ones will probably get your child excited enough to help shape up her space. "Try to make it fun," Bechen says. "Take one whole Saturday or Sunday for the whole family to work on it."

Pare down
Donna Smallin, author and creator of unclutter.com, suggests having kids help haul everything they own into the hallway outside their room.

When the room is empty, have them bring back in only their favourite or most necessary things. When all the necessities are back in, start discussing what might be good to give away, sell or box up for storing. Reassure the child that items in storage can always come out again later.

Use the walls
Kids are more likely to use hooks than hangers. So add lots of colourful hooks at your child's level — not just one or two, but a whole row — to store hoodies, jackets and even pants.

Also consider hanging a shoe bag on the back of the door, but don't feel obligated to use it for shoes. It can be filled with socks and underwear, small toys or anything else that needs to be easily located. Another great item is a dry-erase board where kids can keep a checklist of tasks for bedtime and morning.

THE ASSOCIATED PRESS

Give your Eggs Benedict a makeover with asparagus

Adding asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals.

Fibre is also an essential nutrient. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Fibre helps you maintain a healthy weight as it keeps you feeling full longer.

This Eggs Benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh produce.

This recipe serves six. NEWS CANADA

Ingredients

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 1 tbsp (15 ml) white vinegar
- 6 eggs
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- 6 slices Dempster's WholeGrains 100% Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- Salt and pepper

1. Cook hollandaise sauce according to package directions. Keep warm.

2. Blanch asparagus in boiling water until tender crisp, about 2-3 minutes. Set aside.

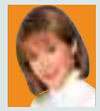
3. Bring pot of water to boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added, cook until desired doneness, about 3 minutes for medium poached. Remove eggs from pot with a slotted spoon.

4. Place 2 slices of peameal bacon on each slice of toast, top with slice of cheese, layer of blanched asparagus and a poached egg. Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

NEWS CANADA/ NATURALLYDEMPSTERS.CA.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Nothing beats comfort food. The Jack Astor's chain of restaurants does it well, but be careful where you find your comfort.

Jack Astor's Chicken BLT Poutine

1,115 calories / 68 g fat
Fries, garlic mayo and bacon in this version make up three quarters of your daily calories and fat.

Equivalent

One Jack Astor's Chicken BLT Poutine is equal in calories to 23 chicken wings.

Jack Astor's Le Montreal Special with mashed potatoes

686 calories / 25.9 g fat
This corned beef sandwich with potatoes has close to half the calories and a third of the fat of the poutine.

Breakfast. Low-calorie Fresh Fruit Oatmeal

For creamier oatmeal, combine all ingredients, except fresh fruit, and bring to a boil. Continue to cook 5 minutes, stirring constantly.

One 294 gram or 10 ounce serving of this oatmeal comes in at 240 calories.

1. Bring water and milk to a boil in a 1-quart saucepan on medium heat. Stir in oats, cranberries, salt and sweetener. Cook 5 to 8 minutes, stirring occasionally, until thick and creamy.

2. Spoon oatmeal into a bowl and top with fruit. Sprinkle with additional Pure Via sweetener, if desired. NEWS CANADA

Ingredients

- 6 tbsp (90 ml) plus 2 tsp (10 ml) water
- 6 tbsp (90 ml) plus 2 tsp (10 ml) 1% low-fat milk
- 1/2 cup (125 ml) uncooked old fashioned oatmeal
- 4 tsp (20 ml) dried cranberries
- Dash salt
- 1 packet Pure Via zero calorie sweetener
- 1/4 cup (60 ml) fresh fruit (such as blueberries, strawberries or raspberries)

A sweet start to your day: Raisin Pecan Sticky Toast

Surprise everyone at the breakfast table by offering up something a little bit sweeter with this Raisin Pecan Sticky Toast. Not only is it delicious, but it's also simple to make.

1. Heat oven to 425 F. Place raisin bread on a parchment paper lined baking sheet.

Ingredients

Prep time: 5 minutes
Bake time: 17 minutes

- 4 Slices Sun-Maid Raisin Cinnamon Swirl Bread
- 3 tbsp (45 ml) butter melted
- 3 tbsp (45 ml) packed brown sugar
- 1 1/2 tbsp (22 ml) honey
- 1/4 cup (60 ml) chopped pecans

Orange Glaze (optional)

- 3 tbsp (45 ml) powdered sugar
- 1-2 tsp (5-10 ml) orange juice

This recipe serves four. SUN-MAID

2. Combine butter, brown sugar, honey and pecans. Divide this nut mixture evenly between bread slices.

3. Bake 5 to 6 minutes or until top is bubbly and edges toasted. Cool on a wire rack 5 minutes.

4. Stir together powdered sugar and orange juice until smooth. Drizzle over toast, if desired.

5. Serve slices whole or cut into triangles, squares or fingers for snacks. SUN-MAID

Oh what a wonderful workplace: when happiness is getting hired

Staff satisfaction. A free cup of coffee isn't always the way to make employees love coming to their cubicle

JULIA WEST
Metro World News

Fortune recently released a list of the top 100 companies to work for.

At the top of the list was Google, followed by the analytic software company SAS and CHG Healthcare Services in Salt Lake City.

Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. Looking closer, it appears these companies are doing many of the same things right.

Fun and freedom are a common thread for the companies on Fortune's list.

"If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, corporate vice-president and general manager at Seamless.com.

CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments.

Casual get-togethers and friendly competition often aid in talent recognition and team-building.

These tactics keep employees happy, which is vital in the hospitality business. Coming in at number 28 on Fortune's list was Kimpton Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco.

"At Kimpton, fostering a culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants.

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

What would you prefer? A manager who made sure to listen to your every idea or a waterslide that led to your next meeting? ISTOCK

Employee perks

It's safe to say we all want work to be fun, but fun isn't the only thing that makes for happy employees.

- "While perks like free cappuccino, rock-climbing walls and nap rooms are very nice, they remain perks," says Doug Claffey, CEO of employee survey company Workplace Dynamics
- "What we have found is that while these benefits are nice to have, they don't drive true employee satisfaction."
- According to a 2012 Workplace Dynamics survey of 1.7 million workers, people most desire the chance to be heard as well as a "visionary and inspirational leader that employees are confident in."
- It probably doesn't hurt, though, if that leader wants to put in a foosball table.

Make a question mark

Job search. Was that a candid career query or a trick of the trade?

KELLY PUTTER
CareerBear.com

Interview questions are often a mix of simple, straightforward experience inquiries and trickier ones designed to get a sense of your attitude, personality and work style.

The following questions get trotted out regularly so you should have a response at the ready, recommends Heather McNab, a job interview guru and author of What Top Professionals Need to Know About Answering Job Interview Questions.

Where do you see yourself in five years?

Your response to this question should be general because if you make it too specific that might lock you into goals the organization can't deliver on. And, definitely don't go in for the kill, says McNab, by saying you want to be director in two years. That could be viewed as negative. Instead, tell the interviewer you enjoy forward movement and discuss courses and professional development you've undertaken or plan to take that might pave the way. Suggest that you are also open to lateral moves within the organization because that's a great way to learn the ropes.

Take a bite out of the job hunt jitters by prepping for interview questions. ISTOCK

What are your greatest strengths?

Focus on the strengths that meet the needs of the hiring organization — with concrete examples. In order to answer this one well and talk about strengths that will solve their problems, you really need to understand the organization, so make sure you do your homework before the interview. "The job description will highlight what they're looking for," says McNab. "It's like the menu and these are all the ingredients for the job candidate ... you want to prove you have each of these ingredients."

What would you change about our company?

Don't say precisely what you would change because you might get it wrong without knowing the company from the inside out. Instead, talk about how you would identify what you'd change. This gives broad strokes about what you'd do in your first 30 days. It also shows them your problem identification skills and how you zero in on opportunities. Say things such as: "I never like to reinvent the wheel" or "I just like to make it work better." These types of statements give the impression that you're not wasteful or a loose cannon. "In a tight economy, that's a good thing to say in most companies," McNab says.

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Senators goalie Robin Lehner makes a pad save on Jets forward Evander Kane during the third period Sunday night in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Sens lean on Lehner in victory over Jets

NHL. Youngster Silfverberg leads offence as Ottawa finds some breathing room against Winnipeg

On Sunday

Senators	Jets
4	1

There was a sense of celebration in the Ottawa Senators dressing room Sunday night and it was about more than just a 4-1 win over the Winnipeg Jets.

The win allowed the Senators to put an end to their 11-game streak of one-goal games.

"It was nice not being a one-goal game for once," said Ottawa's Kyle Turris, who scored his eighth of the season. "We played our game and finished strong."

Jakob Silfverberg led the way with two goals, and Guillaume Latendresse picked up his second of the year for the Senators (15-8-6), who got 25 saves from Robin Lehner.

Zach Bogosian scored the lone goal for Winnipeg (15-12-2), while Ondrej Pavelec faced 42 shots.

The loss put an end to the Jets' three-game winning streak.

Trailing 2-0 heading into the third, the Jets beat Lehner at 3:26 as Bogosian's shot from just inside the blue-line made it through traffic.

Evander Kane had a great chance to tie the game midway through the period on a 2-on-1, but was robbed by Lehner.

"We've seen a lot of good things from Robin, but maybe Lehner's Irish," joked Senators coach Paul MacLean. "He was outstanding tonight. The difference in the game was Robin."

Ottawa had a scare when Winnipeg's Dustin Byfuglien knocked Lehner down and he needed a few moments before getting back up.

"I don't remember much," said Lehner. "It was a big body coming at me and he hit me in the head, but fortunately I felt good after a little while and could finish."

Minutes later the Senators made it 3-1 with a power-play goal by Turris and 75 seconds later Silfverberg scored his second of the game.

THE CANADIAN PRESS

NHL

Key injuries fail to slow down Pens

Sidney Crosby scored his 13th goal, Joe Vitale added his first in more than a year and Tomas Vokoun stopped 31 shots as the Penguins beat the Boston Bruins 2-1 on Sunday for their ninth straight win.

The Penguins moved into the top spot in the Eastern Conference even without reigning NHL MVP Evgeni Malkin — who missed his fifth consecutive game — and played the final two periods without the league's top-scoring defenceman Kris Letang, who didn't return after the first intermission following a seemingly innocuous collision with Boston's Brad Marchand.

THE ASSOCIATED PRESS

Penguin Sidney Crosby takes a stick to the face while battling Bruin Johnny Boychuk. GENE J. PUSKAR/THE ASSOCIATED PRESS

NBA

Heat keep streak alive in Toronto

LeBron James had 22 points, 12 rebounds and eight assists as the Miami Heat extended their record winning-streak to 22 games with a 108-91 win over the Toronto Raptors on Sunday afternoon.

Miami (51-14), matched the 2007-08 Houston Rockets at 22 and now trail just the 1971-72 Los Angeles Lakers (33). THE CANADIAN PRESS

GSP flirts with perfection in Montreal

Montreal's Georges St-Pierre grapples with Nick Diaz on Saturday night at Bell Centre. GRAHAM HUGHES/THE CANADIAN PRESS

The Georges St-Pierre legacy grows, with another battered body in the UFC welterweight champion's wake.

The latest victim is Nick Diaz, who lost a lopsided five-rounder at UFC 158 before 20,145 at Montreal's Bell Centre on Saturday night.

"He fought the perfect fight," UFC president Dana White said of St-Pierre.

All three judges scored it 50-45 for the champion, awarding him all five rounds.

St-Pierre's 11th straight win adds to his glittering pedigree. The 31-year-old from Montreal has not lost in almost six years, since UFC 69 in April 2007.

St-Pierre (24-2) celebrated his eighth straight successful UFC title defence, second only to middleweight champion Anderson Silva's 10. He also tied Silva with most championship fight wins (11).

The Canadian also moved into second place in most championship fights (13). And he now holds the UFC record for most championship rounds at 47, surpassing Randy "The Natural" Couture's 44. THE CANADIAN PRESS

Quoted

"You know what, I've never paid taxes in my life, I'm probably going to go to jail."

Nick Diaz making a bizarre admission after losing to Georges St-Pierre in the main event of UFC 158 on Saturday night.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It may annoy you that you have to explain to others how to do something yet again but some people will be slow in mind as well as body today. Be patient. It will be appreciated – and more effective in the long-term.

♉ Taurus
April 21 - May 21
If there is something you feel you have to say then say it immediately. The longer you leave it the more controversy there will be when your words do finally come out. It's an important issue, so speak up.

♊ Gemini
May 22 - June 21
The things you want seem to be coming to you without much of an effort, which is nice, but think how much more you might achieve if you did put yourself out a bit. The world is yours – if you want it.

♋ Cancer
June 22 - July 23
For some reason various people have got it into their heads that you are a bit of a cold fish. Act with compassion and they will see you in a new light. Act as if you don't care and it will confirm their beliefs.

♌ Leo
July 24 - Aug. 23
However gloomy your current situation may be it WILL have a happy ending. That may not seem likely right now but before the day is over you will see a glimmer of hope – that will soon be a glaring light.

♍ Virgo
Aug. 24 - Sept. 23
Once you start on a new course you won't be able to stop, so make sure it's what you really want to be doing. If you have any doubts you should back off a bit.

♎ Libra
Sept. 24 - Oct. 23
No sooner is one emergency dealt with than another comes hammering at your door. But that's okay, you will take it all in your stride. Your reputation as a fixer will improve in leaps and bounds today.

♏ Scorpio
Oct. 24 - Nov. 22
Happiness is nothing more than a state of mind, so think pleasant thoughts and most likely you will have a very pleasant day.

♐ Sagittarius
Nov. 23 - Dec. 21
Take what your heart tells you on trust today and don't worry about backing it up with facts and figures. You should know by now that if you back your hunches there is every chance they will pay off.

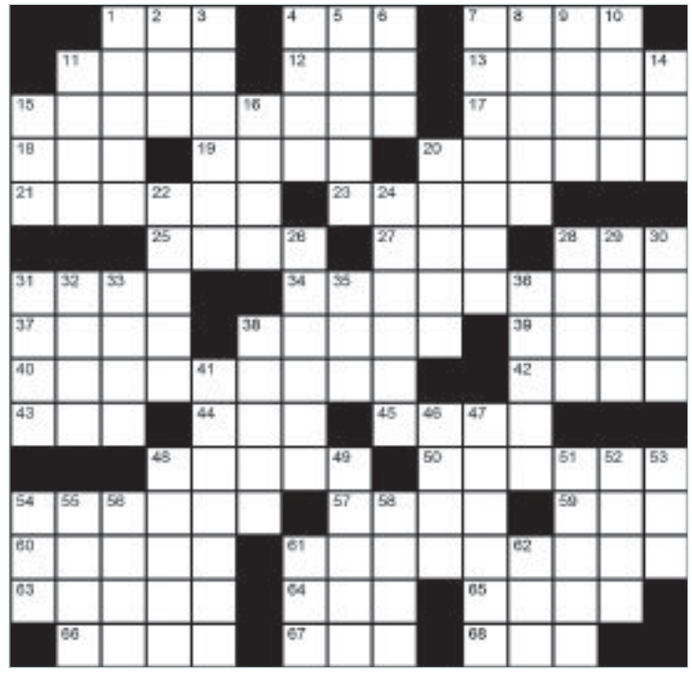
♑ Capricorn
Dec. 22 - Jan. 20
The more you worry the more you will give yourself something to worry about. Negative thoughts encourage negative events, so be positive at all times and believe that only good things will happen.

♒ Aquarius
Jan. 21 - Feb. 19
A friend or work colleague has a lot to say for themselves but if you analyze their words you will come to the conclusion that they are talking nonsense. Don't worry about their feelings: tell them what you think.

♓ Pisces
Feb. 20 - March 20
Push money and work worries to the back of your mind where they belong. Family and friendships are what you should be concentrating on. Is there someone you have not seen much of lately? SALLY BROMPTON

Crossword: Canada Across and Down

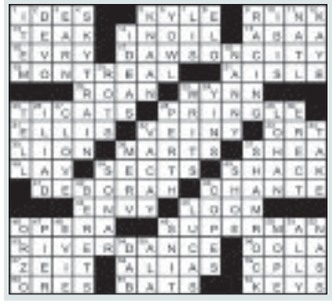
BY KELLY ANN BUCHANAN



Across
1. "Pulp Fiction" (1994) name
4. IV units
7. __ Lewis & The News
11. Comparison word
12. Particular plaints!
13. Beneath
15. New __
17. Boaster's retort: 2 wds.
18. 'Speed' suffix (More quick)
19. "__ & Grace"
20. CBC's "The Fifth __"
21. Like many a necklace
23. Representative
25. Fertilizer ingredient
27. 'Hallow' add-on
28. Philosophical†principle
31. Author, Earl __ Biggers
34. Quebec's Eastern __
37. Whizzes
38. Angelic
39. Butter substitute
40. Canadian pop/opera quartet: 2 wds.
42. The Himalayas, e.g.
43. Perfect
44. As well
45. Domesticated
48. Long-standing tiffs
50. American store replacing Zellers
54. Classical composer
57. __ & The Gang
59. Lyric poem
60. Mr. Cassidy (1970s heartthrob)
61. Like King Tut's remains
63. Shania Twain's "I'm __ Getcha Good"
64. Alcoholic beverage
65. U.S. state, for short
66. "Kiss from a Rose" singer
67. CNN's sister station
68. Unit of work

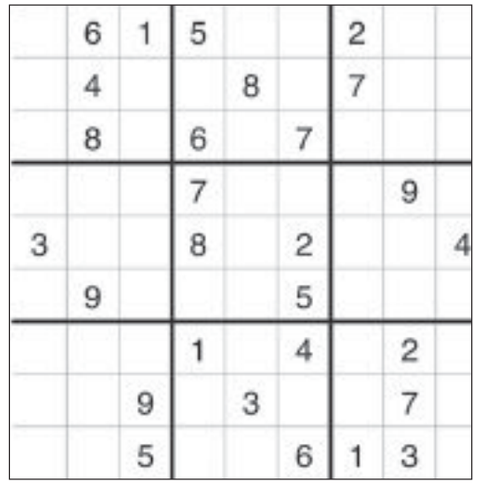
Down
1. "Star Trek" character
2. "I'm Your __" by Leonard Cohen
3. Barenaked Ladies' "Call and __"
4. Spring
5. Go by bike
6. Roughriders, on scoreboards
7. The Bay's back-to-roots name, __ Bay
8. Accord
9. Old Icelandic literary work
10. Beatles ballad, briefly
11. Forest fixture
14. __ v. Wade
15. Diner's shirt protector
16. Broad
20. Happening
22. Fred of Limp Bizkit
24. Most modern
26. Canadian author Margaret
28. Pinball infraction
29. "Does anyone have _ __?" (Notepad-holder's query)
30. Bears, in Barcelona
31. Info
32. Canyon feedback
33. Stench
35. Atop, in verse
36. Bart Simpson's dad
38. Anteater's nozzle
41. Jim Carrey movie, "__ Sunshine of the Spotless Mind" (2004)
46. Director Mr. Egoyan
47. Venom
48. Flora and __
49. Palaeontological find
51. Auctioneer's word with Once, Twice...
52. Shangri-la
53. Keanu's 'excellent' character
54. Food additive letters
55. Cries of surprise!
56. "Titanic" (1997) star Billy
58. Harbinger
61. __-jongg
62. 'F' in FWIW

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

6	2	3	7	9	5	8	1	4
1	8	7	4	3	2	6	9	5
4	5	9	1	8	6	7	2	3
8	4	1	5	7	9	2	3	6
3	6	5	2	1	8	4	7	9
9	7	2	3	6	4	5	8	1
5	1	4	9	2	7	3	6	8
2	9	6	8	4	3	1	5	7
7	3	8	6	5	1	9	4	2

Today
-14°/-23°
Variable

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Partly cloudy

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